

ABSTRACT

A whole-body thermotherapy is conducted by letting a patient take a warm bath while a measure for minimizing a brain stress is taken and an internal temperature is measured. The measure taken to prevent the stress includes the method of using blue, light blue or any other colored water as a warm water source for bathing, the method of applying a chromatic light to the eyes of a patient, the method of letting a patient hear a sound, the method of stimulating meridians or vital spots, the method of cooling the head, and the method of attaching a bioelectric current regulating element consisting of at least two kinds of metal or two kinds of gem to a patient or to the patient-touching portion of a bed to relieve a brain stress by the actions of metal ions and magnetic fields. Accordingly, a whole-body thermotherapy can be practiced while pain of and load on a patient are alleviated as much as possible.